

Flight Jacket

Vol. 2, No. 2

January 14, 2000

Surf the Flight Jacket Online!
www.miramar.usmc.mil

Proudly Serving the Marine Corps

Air Station Miramar Community

News

MAG-11 passes the leadership torch

Page 2

Brief educates Marines about suicide

Page 3

'Bucklebear' stresses seat belt safety to parents

Page 5

Features

Follow the hectic schedule of a 3d MAW squadron – all work, little play

Page 7

Sports

Kings II bow before Miramar Flyers in ice hockey game

Page 8

3d MAW hosts Harrison Ford

Actor who once played snake-hating adventurer feels bite of Marine Corps' Super Cobra

by Sgt. Ted L. Hansen

PAO, MCAS Miramar

MARINE CORPS AIR STATION CAMP PENDLETON, Calif. — Many know him as Han Solo, Indiana Jones, Jack Ryan, the Fugitive and a host of other characters. Actor Harrison Ford had the title of Honorary Super Cobra Pilot added to his list of titles here Jan. 3.

The highly acclaimed actor had the red carpet rolled out for him – Marine Corps style. Ford's visit culminated with a 45-minute flight in an AH-1W "Super Cobra" helicopter.

From time to time, as operation commitments allow, the Corps allows celebrities to experience various aspects of Corps life. Ford is currently preparing to narrate a cable television documentary about the history of helicopters.

An avid aviation enthusiast, Ford arrived aboard the air station, piloting his own single engine, propeller-driven airplane. Adding to his fixed-wing aviation experience, Ford has 400 hours of helicopter flight time.

In particular, Ford said, he had flown a Cobra for about two hours at the Bell factory in Texas. However, Ford quickly discovered that Marine Corps flight missions are far more detailed and complex than civilian flights. Ford's section leader, Capt. Stephen J. Lightfoot, a pilot with Marine Light Attack Helicopter Squadron 367, assured him that "Scarface" pilots would take care of the details. HMLA-367 Marines gave Ford the full experi-

ence of flight, including 15-20 minutes of live fire at one of the Camp Pendleton ranges.

However, the actor's Hollywood status didn't free him of the required preflight brief during which Ford was enlightened to a host of new aviation acronyms.

Ford, who's character Jack Ryan was a Marine, asked with a smile, "What is an HMLA?" just moments into the brief.

Lance Cpl. Rudy R. Tapalla, a 22-year-old intelligence clerk from



photo by Sgt. Ted L. Hansen

Major Dave Gaul, HMLA-367 executive officer, gives actor and aviation enthusiast Harrison Ford a pre-flight cockpit familiarization brief, Jan. 7.

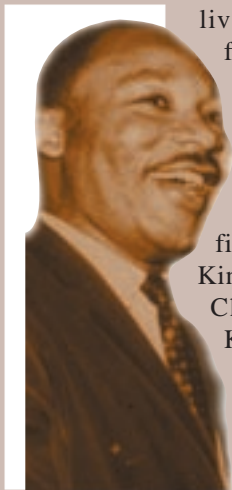
See Ford, Page 11

Reflecting: The life of Dr. Martin Luther King Jr.

by Dorothy S. Boulware

Baltimore AFRO Staff

We remember Dr. King with fondness, affection, and a longing for a time when a person told the simple truth without reservation and without regard for the acceptance or rejection by his audience. We remember Dr. King as we remind ourselves that we should strive to live abundant lives; free of bondage, free of hatred, free to be God's children.



Lutheran denomination.

Martin Luther King Jr. had a brilliant mind and was an independent thinker. He graduated from Morehouse College and then studied at Crozer Theological Seminary as well as Boston University. At

Crozer, he began reading the work of theologian Reinhold Niebuhr, which became one of the greatest influences on his intellectual development. Dr. King's wisdom was like that of an old soul who had tasted the waters of life and decided to drink deeply.

Like the great speakers before him, his voice trumpeted the truth of justice. He echoed the words of Amos, "Let justice roll down like waters and righteousness as a mighty stream that never stops," not as a poetic gesture, but as a demand for and by a people who could no longer wait for that justice.

He admonished politicians to be true to the constitution and its amendments that declared equality for all people.

He taught that true education was more than mere facts, but a combination of knowledge and character.

He encouraged domestics to walk to work rather than settle for a seat in the back of the bus.

Dr. King challenged each of us to judge the other "by the content of our character" rather than the hue of our countenance.

His voice booms, as though fueled by a beating heart, in defense of the oppressed, the cast aside, the unloved, the unwanted. Dr. Martin Luther King Jr. lived only 39 short years, but his spirit shall live forever.

Miramar follows international rise in commissary sales

by Pfc. Brandon Caton

PAO, MCAS Miramar

For the first time since 1991, commissary sales around the world are on the rise. Despite a seven-year reduction in commissaries, bases and military personnel, the Defense Commissary Agency experienced a one percent sales increase.

Some DeCA officials have cited expanded store hours, aggressive marketing tactics and competitively priced goods as reasons for the rise in business. Others seem to think service members and their families know that commissaries near them are becoming more accessible.

"Sales are up and that's great, but more importantly it means we are providing better access to this benefit for authorized shoppers," said DeCA Chief Executive Officer John F. McGowan. "We want the military, who have earned the commissary benefit, to take advantage of the savings and value it provides. Higher sales figures indicate they [personnel] are indeed shopping more at the commissaries."

The benefits of shopping at the commissary are undeniable. A market basket survey in 1999 showed military shoppers save an average of 27 percent compared to regular supermarket shoppers. With this per-

centage of savings, a family of four stands to save more than \$2,030 per year on food consumption. DeCA's Eastern Region led other regions with sales of \$2,289,805,000. The Pacific Region was second with \$1,474,139,000, followed by the Midwest Region's \$743,368,000. European commissary sales topped off at \$437,892,000 for fiscal year 1999.

The sales trend was represented here at Marine Corps Air Station Miramar, though the massive Base Realignment and Closure combination of MCAS El Toro and Tustin had little effect on the majority of Miramar's commissary business. Donna G. Richards, commissary customer service manager here, said the Miramar branch experienced a two-year drop in sales until a surge in late 1999 boosted sales by 12 percent.

"Our main source of income comes from retirees. The military population we have now doesn't seem to have had that much of an impact on our sales percentages," she explained. "The biggest increase came from when we finished renovations in October. The holidays helped to boost sales too." DeCA officials, however, expect to see this steady rise in commissary sales to continue throughout fiscal year 2000 and beyond.

Flight Jacket



Maj. Gen. M.P. DeLong
Commanding General
3d Marine Aircraft Wing

Maj. Gen. William G. Bowdon
Commander, Marine Corps
Air Bases Western Area

Maj. Stephen H. Kay
Director, Public Affairs Office

Capt. Brad S. Bartelt
Deputy Director, Public Affairs Office

Capt. Kim Hodges
Managing Editor

Gunnery Sgt. G.S. Rogers
Internal Information Chief

Staff Sgt. J. Kinchen-Schneider
Flight Jacket Chief

Cpl. David Hercher

Cpl. Aubrey L. Bell
Editors

Sgt. Ted L. Hansen

Cpl. Carolyn S. Sittig

Lance Cpl. Kristopher S. Haloj

Pfc. Brandon Caton
Combat Correspondents



The *Flight Jacket* is published every Friday at no cost to the government by Military Guides, a private firm in no way connected with the Department of the Navy or the U.S. Marine Corps under an exclusively written contract with the U.S. Marine Corps.

This civilian enterprise newspaper is an authorized publication for the military services, contents of the *Flight Jacket* are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, the Department of the Navy, or the U.S. Marine Corps. It is for informational purposes only and in no way should be considered directive in nature. The editorial content is edited, prepared and provided by the Public Affairs Office.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, or the Military Guides, of the products or service advertised.

Everything advertised in this publication must be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron.

All queries concerning news and editorial content should be directed to the *Flight Jacket*, Public Affairs Office, MCAS Miramar, (858) 577-6021. All queries concerning business matters, display ads, or paid classified ads should be directed to Military Guides, 9580 Black Mountain Road Suite C, San Diego, California 92126, or (858) 547-7343.

Robling takes helm at MAG-11

by Sgt. Ted L. Hansen

PAO, MCAS Miramar

Colonel Lynn M. Champagne will pass the Marine Aircraft Group 11 torch of leadership to Col. Terry G. Robling during a change of command ceremony scheduled for 2 p.m., Jan. 21 at Hangar 2.

Champagne will move on to his next assignment at 3d Marine Aircraft Wing Headquarters. Robling comes to MAG-11 from duties at the Expeditionary Warfare Division, Chief of Naval Operations in Washington, D.C.

"It has been a privilege to have served with the outstanding Marines and Sailors of MAG-11 over the last two years. Each and every squadron in MAG-11 can be justifiably proud of their long list of accomplishments," said Champagne, recounting his tenure as the MAG-11 commanding officer. "I'm sure they will continue this same excellence under Col. Robling."

"I am extremely proud and excited about the opportunity to command the Marines and Sailors of the Corps' oldest and finest MAG... Marine Aircraft Group 11," he said. "The Marines, Sailors and families of MAG-11

can be justifiably proud of the exceptional professional reputation they have earned as an elite element of the Marine Air Ground Task Force.

My focus will be to build on that reputation by focusing on MAGTF readiness and family stability. I want to challenge every member of MAG-11, while creating an environment that will facilitate professional excellence and success.

"I will expect everyone to have the same passion for excellence I do, and be aggressive in the performance of their duties," he concluded.

Robling entered the Marine Corps in 1976 after graduating from Central Washington University where he earned a bachelor's degree in Business Administration. Upon graduation from the Basic School, Quantico, Va., Robling attended and completed flight training in Pensacola, Fla.

After completing flight school in 1978, Robling underwent training for the F-4 Phantom at Marine Corps Air Station Yuma, Ariz.

While stationed with his first fleet squadron, Marine Fighter Attack Squadron 212 in Kaneohe Bay, Hawaii, Robling held several billets including duties as Maintenance Con-

trol Officer, Assistant Maintenance Officer and Aircraft Maintenance Officer.

Throughout his career, Robling has attended the Amphibious Warfare School, Top Gun, the Weapons and Tactics Instructor course, the National War College, the Johns Hopkins University at the School of Advanced International and Strategic Studies.

Throughout his career he has also participated in nearly a half dozen Western Pacific deployments.

In 1987, Robling reported to Headquarters Marine Corps where he served as Aviation Programs Officer for the Deputy Chief of Staff of Aviation. During this time, he was selected to transition to the F/A-18D. After receiving transition training at Marine Fighter Attack Training Squadron 101, MCAS El Toro, Calif., Robling reported to VMFA(Air-Weather)-242 and assumed duties as the executive officer. Following his



Col. Terry G. Robling

See Robling, Page 11

Make a change, let your voice count!

by Sgt. Ted L. Hansen

PAO, MCAS Miramar

Service members and their families make many sacrifices in defense of the freedoms of all Americans.

But how often do service members or their families exercise the most basic freedom as citizens in the land of the free — Perhaps a question best answered on an individual basis.

In the year 2000, many elections will take place, including the election of a new president. To ensure every service member and their family members, who are 18 years old or older and are U.S. citizens, are afforded the opportunity to weigh in on this year's federal, state and local elections, the Department of Defense has designated that every military

unit appoint a Voting Assistance Officer.

A good number of service members are stationed in states other than their state of legal residence. The states of legal residence are usually the states service members enlisted from, unless they file for residency in the states of their duty stations. Accordingly, a legal officer should be consulted before changing your state of legal residency. Legal obligations such as taxation should be considered before changing legal residency.

Those living in a state other than their state of legal residence must vote absentee. Whether one wishes to vote absentee or register to vote, the same form is needed. The Federal Post Card Application can be used for either purpose in all states. You may also send a written request for either purpose to your county, city, town or parish clerk.

However, when the card can be used var-

ies by state. Some states require voters to submit one FPCA to register to vote and an additional FPCA to vote absentee. Additionally, some states require the submission of a separate FPCA for each election, while most states accept one form for all elections during each election year.

That's where the Voting Assistance Guide comes in. Chapter 3 of the guide has detailed information about each state's requirements for registration and absentee voting. Chapter 3 also lists state election deadlines.

The first state deadline is approaching. February 1 is the New Hampshire deadline for the presidential primary. The Federal Voting Assistance Program recommends absentee voters submit a FPCA

See Voting, Page 11

Brief highlights warning signs, educates Marines, stresses treatment

by Lance Cpl. Kristopher S. Haloj

PAO, MCAS Miramar

The pressures of military life often times depress service members, some even to the point of suicide.

The Marine Corps has declared the month of January as Suicide Awareness Month, to educate Marines on this terrible idea.

More than a few Marines kill themselves every year. Many of the deaths could have been prevented, if someone had recognized the warning signs.

A person may show signs of being suicidal by threatening to kill himself — all threats should be taken seriously. The person may suddenly give away their personal and most prized possessions. Withdrawing from friends and family, lost interest in work, a sudden change in eating, sleeping and sexual habits are all clues that shouldn't be ignored.

When approaching someone believed to be suicidal, one should first clear his/her

mind of the myths of suicide. Mentioning suicide to the person in question will not give him/her the idea to kill himself. If the person is suicidal, he/she has the idea long before you mentioned it, according to Tim Stanton, Marine Corps Community Services Center family advocacy program manager. In fact talking about it may prevent a person from acting on it. Another myth commonly believed, is once a person is suicidal, he/she is beyond help. Not true, Stanton said. Suicidal people usually want help, but won't come right out and ask for it, Stanton explained.

Many people also tend to believe people who make unsuccessful suicide attempts are just looking for attention. This is not totally true, Stanton said. Often a suicide attempt is a way for the person to reach out for help. Giving the incident no attention can only make matters worse. Without the proper help, the person may actually complete the task at another time.

Many factors can bring a person to the

conclusion of suicide. Depression, drugs and alcohol are said to be the leading factors in suicide. A person may drink and use drugs to help cope with depression which in turn distorts judgement and lessens self-control. A family history of suicide may also leave a person more likely to commit the deed. Serious illness and a chemical imbalance in the brain are also factors, according to Stanton.

If someone is suspected of being suicidal, he/she needs to know someone cares. Talk with the person, give him/her emotional support, listen to him/her and show him/her you take their feelings seriously. Encourage the person to take positive action, like start an exercise program or take a vacation. A change of scenery can work wonders. Help the person out by offering solutions to his, her problems. Whatever you do don't try to challenge the person, analyze his/her motives or argue with him/her, suggests Stanton. For more information concerning this topic, contact Robert Lloyd, FAP counselor, at 577-6585.

Lost articles found

The Military Police currently has several unclaimed articles in the Lost and Found. If you have recently lost an item please contact the Lost and Found Custodian at 577-6775/6779. Any unclaimed property will be disposed of in accordance with current station directives.

Reporting process changed

Emergency repairs at the Consolidated Bachelors Quarters after working hours, weekends, and holidays can now be directed to the CBQ front desk in Bldg. 4312, or you can call 5774233. However, during normal working hours 7:30 a.m. to 4:30 p.m., Monday through Friday, reports can be made at the maintenance department by calling 577-6441 or visit the office in Bldg. 5538 (behind the Enlisted Club).

Spouses club invites members

The Spouses of Enlisted Marines is looking for a few, (a lot!!!) enlisted spouses to join the club. Come, make new friends, help the Marine community, and enjoy a night out with other spouses. The meetings are held on the first Thursday of every month at 7 p.m. in the MCAS Chapel classroom. Childcare is provided. For more information, call (858) 483-8420.

Credit Union new hours announced

At the request of the Single Marine Program members, which meet twice monthly, Marine Air Federal Credit Union will commence a trial period of extended hours starting Tuesday. The credit union has agreed to extend its operating hours 9:30 a.m. to 5 p.m., Monday through Friday; and 8:30 a.m. to 5 p.m. on military pay days. This service will be available for a trial period of two months. During March the service will be evaluated to see if the service is sufficiently being used by station personnel. For more information, call (858) 547-8656.

Aquactic hours extended

Additional lap swim hours have been added at the 50-meter swimming pool. The new hours are Tuesday and Thursday from 4:30 p.m. to 6:30 p.m. Normal hours of operation are as follows:

Monday and Wednesday, 5:30 a.m. to 7:30 a.m.

Monday through Friday, 11 a.m. to 1 p.m.

Tuesday and Thursday, 4:30 p.m. to 6:30 p.m.

Spring soccer tryouts begin

Varsity Men's Soccer tryouts are scheduled to be held Jan. 25-27, 5:30 p.m. to 7 p.m. at the Mills Park field. For more information, please contact the Sports Office at 577-1202 or Gunnery Sgt. Delmer at 577-1382.

Cup competition held

The Commander's Cup competition for the year 2000 starts this month. The cup will be awarded annually on total accumulated points outlined in the "Commander's Cup Point System". Individual and team points will be awarded for intramural league play and installation tournaments. For more information call 577-1202.

Messhall hosts MLK dinner

In observance of various ethnic backgrounds, the Messhall will host a special meal each month. Martin Luther King's

Are you thinking of going back to school?

For Marines interested in going back to college but are required to take assessment tests, the following dates are provided from January through March 2000:

Classes:

- DD 295 Preparation for E 6 and above*
- College Level Examination Program**
- DANTES Single Subjects Test**
- Armed Forces Classification Test***
- Electronics Data Processing Test***
- Scholastic Aptitude Test****
- Test of Adult Basic Education*****
- Defense Language Proficiency Test***
- Defense Language Aptitude Battery***
- American College Test****
- DANTES Distance Education Tests*****
- General Classification Test***

General rules and information:

There will be no late seating.

There will be no testing on Military Classification testing during January 2000.

Individuals in uniform must have one picture ID.

Individuals in civilian clothes must have two picture IDs.

Individuals will be seated on a first come-first serve basis. The number in indicates the maximum number we may test at one time, with the exception that the total number of CLEPs and DSSTs combined cannot exceed 15.

Dates:

1st, 2nd, 3rd, and 4th Wednesday of each month, 7:30 a.m.

1st, 2nd, 3rd, and 4th Thursday of each month, 7:30 a.m.

1st, 2nd, 3rd, and 4th Wednesday of each month, 12:45 p.m.

1st Friday of each month, 7:30 a.m.

1st Friday of each month, 12:45 p.m.

2nd Friday of each month, 7:30 a.m.

2nd Friday of each month, 12:45 p.m.

2nd Friday of each month, 7:30 a.m.

3rd Friday of each month, 12:45 p.m.

4th Friday of each month, 7:30 a.m.

4th Friday of each month, 12:45 p.m. - 3 p.m.

By appointment only

Footnotes:

*E 6's and above must bring a copy of their page 3 and 8a, BTR education page (Navy must bring page 4). Marines if your MOS is 6012-6591 bring a copy of your MATMEP summary page.

**Active duty service members only will be tested.

***Only Marines may test!

****Service members only may test. Service members may only take one of these exams free in a career, unless specifically required for a commissioning program when they may test once every 12 months free.

*****Service members only may test. Commands may request unit testing dates and times for groups over 15.

*****Service members are responsible for contacting the Education Center. The Education Center will not attempt to locate service members when exams arrive. Exams, which have not been taken within 30 days of receipt, will be returned.

Birthday will be observed Monday. Military family members and civilian guests are invited to attend. Meal hours will be from 3 to 5 p.m., and cost \$4.10. For more information call Gunnery Sgt. Oquendo at 577-4185.

Relay team seeks applicants

The San Diego Indoor Track and Field Games is accepting applications for the 4x160 relay team competition to go head-to-head with area Olympic hopefuls. Anyone interested or for more information, contact the sports office at 577-1202.



photo by Cpl. Carolyn S. Sittig

Carl Rodriguez, a Naval Criminal Investigations Services specialist, speaks to Marine Aviation Logistics Squadron 16 Marines about gang awareness in the United States and Mexico, as well as protective measures Marines can employ.

WING NOTES

An Operational Overview of 3D MAW Units Stationed Aboard MCAS Miramar

- MAG-16
- MACG-38
- MAG-11
- MWSG-37

MAG-16

• **MALS-16 “Forerunners”:** The Forerunners have a detachment supporting a technical assist team aboard the *USS Tarawa* in preparation for an upcoming deployment.

• **HMM-161 “Grey-hawks”:** The Greyhawks are conducting a night helicopter raid at Marine Corps Base Camp Pendleton, Calif., with 3rd Marines, 1st Marine Division.

• **HMM-165 “White Knights”:** The White Knights are conducting Night Vision Goggle training in Twentynine Palms, Calif.

• **HMM-163 “Ridge Runners”:** The Ridgerunners have several pilots getting helicopter air commander qualifications. The squadron is also conducting day-light confined area landings

at Marine Corps Base Camp Pendleton, Calif.

• **HMM-166 “Sea Elks”:** The Sea Elks are performing a long-range search and seizure of a Naval vessel. This is the final exercise prior to the squadron’s deployment at the end of the month.

• **HMM-361 “Flying Tigers”:** The Flying Tigers are doing warm-up flights at Marine Corps Base Camp Pendleton, Calif., and here to refresh returning, deployed pilots.

• **HMM-465 “War Horses”:** The War Horses are conducting warm up flights at Marine Corps Base Camp Pendleton and Twentynine Palms, Calif., and here to refresh the pilots after a recent deployment.



• **HMH-462 “Heavy Haulers”:** The Heavy Haulers are currently deployed to Okinawa, Japan, as part of the Unit Deployment Program.

• **HMH-466 “Wolf Pack”:** The Wolf Pack are performing night inserts and extractions for 1st Force Reconnaissance at Marine Corps Base Camp Pendleton, Calif. They are also doing day and night external training in MCAS Yuma, Ariz.



MACG-38

• **MTACS-38:** The squadron is preparing a mock Tactical Air Command Center to ready the squadron for an upcoming deployment to the Weapons Tactics Instructors course at MCAS Yuma, Ariz.

• **MACS-1:** The squadron is providing Ground Control Interception Support for Marine Aircraft Group 11 through April. They are also preparing for an upcoming Weapons Tactics Instruction course at MCAS Yuma, Ariz., in March.

• **MASS-3:** The squadron completes its annual training this month. The squadron Marines will also begin preparation for their air support coordination role in Operation Desert Simitar, a ten-day operation in Twentynine Palms, Calif., to be conducted in March. They will also support the Tactical Air Control Party School in Twentynine Palms, Calif., in February.

• **3d LAAD:** Preparations begin for an embarkation exercise scheduled for the last week of January. The Marines will also participate in Operation Desert Rescue at Naval Air Station Fallon, Nev., in February. The squadron will play the part of opposing Russian forces during the search and rescue scenarios, using 3d LAAD’s Avenger Weapons Systems.

• **MWCS-38:** A detachment from B Company returns from supporting Marine Wing Support Squadron 373 during Operation Mia, here. Another detachment from Headquarters Company will support the Marine Expeditionary Force Communication Exercise starting Jan. 31. MWCS-38 will assist in the coordination of communications between Marines in Costa Mesa, Calif., and Rhode Island. The exercise supports ongoing training to maintain operation readiness.



MAG-11

• **MALS-11 “Devilfish”:** The Devilfish have a detachment deployed aboard the *USS Stennis* supporting VMFA-314 during a six-month deployment. They are also assisting VMGR-352 during the exercise, Lonestar, at Kelly Air Force Base in San Antonio.

• **VMFAT-101 “Sharpshooters”:** The Sharpshooters are continuing Field Carrier Landing Practices at Naval Air Station Lemoore, Calif., in preparation for a sea operation detachment later this month aboard the *USS Constellation*.

• **VMFA (AW)-121 “Green Knights”:** The Green Knights undergo Night Vision Goggle training for initial qualification and requalification.

• **VMFA (AW)-225 “The Vikings”:** The Vikings continue air-to-air block training over the Pacific Ocean. They are also supporting 3rd Light Armored Reconnaissance Battalion in Twentynine Palms, Calif.

• **VMFA-232 “Red Devils”:** The Red Devils are currently deployed to Iwakuni, Japan, as part of the Unit Deployment Program.

• **VMFA-242 “Bats”:** The Bats have several pilots undergoing Air Combat Tactics Instructor work-ups here. They also have several pilots going to Forward Air Control Airborne school in Naval Air Station North Island, Calif.

• **VMFA-314 “Black Knights”:** The Black Knights are currently deployed aboard the *USS Stennis* for a six-month deployment.

• **VMFA-323 “Death Rattlers”:** The Death Rattlers are undergoing air-to-air training over the Pacific Ocean. They are also undergoing Night Vision Goggle training near Marine Corps Air Station Yuma, Ariz.

• **VMGR-352 “Raiders”:** The Raiders are conducting both fixed-wing and helicopter aerial refueling for HMH-466 over Bristol Moa and VMFA (AW)-121 over Kane Moa, Calif. They are also performing aerial delivery in support of 1st Force Reconnaissance at MCB Camp Pendleton, Calif., and Sea Air Land Team 5 at Trident Field, Calif.



photo by Sgt. Ted L. Hansen

Moving out, moving on ...

The Miramar Visiting Aircraft Line was put to the test Tuesday as it hosted the largest number of cargo and tanker jets in recent history. Three Air Force KC-10 “Extenders” and three KC-135 “Stratotankers” were on station simultaneously. One of each aircraft were here to provide transportation and aerial refueling support to VMFA-314 which is traveling to Hickam, Air Force Base, Hawaii for annual reserve training. The remainder of the jets were making one last stop

before transitioning VMFA-332, from Beaufort, S.C. to MCAS Iwakuni, Japan. According to Gunnery Sgt. Albert A. Delacruz, staff non-commissioned officer in charge, VAL, hosting a number of large jets tested the air station’s refueling capabilities. However, he said Station Fuels was able to coordinate its assets and fuel all aircraft as needed. Each KC-10 and KC-135 can carry more than 356,000 and 120,000 pounds of fuel respectively. One KC-10 alone can hold as much fuel as a dozen gas trucks.

Corps



Briefs



photo by Lance Cpl. Kristopher S. Haloj

After a busy morning of grocery shopping at the commissary here, Jenny Roark buckles her 7-month-old daughter Trinity into her child safety seat.

Operation Bucklebear:

Study proves children influence parents to be safety cautious

by Lance Cpl. Kristopher S. Haloj

PAO, MCAS Miramar

A four-foot tall, seat belt wearing bear is rapidly making his way into schools throughout the Marine Corps in a movement known as Operation Bucklebear.

The idea of Bucklebear, and the program that comes with it, is to change the attitudes of children and parents toward buckling up when traveling in an automobile.

In May 1998, Liberty Venture 2000 held a traffic safety conference that determined children become strong advocates of information they receive in preschool. The Bucklebear program was adopted by the Marine Corps Safety Division as a result of a recent conference, according to a traffic safety newsletter published by the U. S. Marine Corps Headquarters' safety division.

"The largest killer of Marines is private automobile accidents. We know that. How can we get a message across to the 'big Marines' that they need to put a seat belt on? In all of our groups it was agreed that what kids learn in preschool, they take home and it's a strong message," Anna Marie Pratt, Safety

Division Officer, said.

The program consists of a lesson plan that includes videos, books, stickers and a variety of child-friendly teaching tools, all featuring Bucklebear.

The initial test of the Bucklebear program was conducted at the Marine Corps Base Quantico Child Development Center in Virginia. Before word of the program was spread to parents, surveys were conducted of the adults at the child development centers, to see monitoring if the adults were wearing safety belts.

At the end of the three-week program another survey was taken showing a 12.4 percent increase in the adults' use of safety belts. Parents had no knowledge of the program until the end of the study, when the MCB Quantico Public Affairs Office published an article on the program. According to the results of the survey, the findings proved that the children had an influence on the parents.

The second trial, conducted at Marine Corps Air Station Cherry Point in North

Marines are getting out before the getting's good

by Master Sgt. Christopher Grey

PAO, MCB Quantico

MARINE CORPS BASE QUANTICO, Va. — "I'm getting out." I hear it all the time from young Marines. I just wish I had a crystal ball to show them what the future holds. Like the old recruiting poster says - "We don't promise you a rose garden." There certainly are bad times with the good, but from my experience, the garden sure grows some beautiful flowers to cherish along the way.

Former Marines, folks who've associated themselves with the Corps, and leaders today speak of the "mystic" quality of being a United States Marine. An almost "spiritual relationship" the Marines enjoy with each other and the American public.

And you know what? It's true. But I see these young Marines leaving their Corps all the time, before they've really given it a chance. I guess I feel sorry for what may have been for them. They work so hard to earn the "title" - - boot camp, Marine Combat Training, the Crucible - and when they arrive, they do their time and leave. If they stayed just a little longer and reaped the rewards at their fingertips.

I vividly remember being a lance corporal, it's certainly hard work and more times than not - not a lot of fun, but there is a lot to be said for perseverance. There is upward mobility in "Mother Corps" that can be so tremendously rewarding. Hanging in there to become an NCO, SNCO or an officer means so much more than a pay raise.

It's a sense of accomplishment and a chosen way of life that makes a real difference in this crazy world. Having Marines in your charge is a great responsibility. So go ahead and get out. All I'm saying is don't get out before stopping to smell the roses along the way. Think about it. If you've never seen the look on an old helpless woman's face while

rolling into her city for a hero's welcome after liberating her people from atrocities and oppression - maybe it's too soon to leave.

If you've never walked into a nightclub or restaurant in your blues with a couple of your fellow Marines for some well-deserved liberty, and felt the warmth, generosity and admiration from the Americans you serve - maybe it's too soon to leave.

If you've never marched in a hometown parade and witnessed your fellow Americans get to their feet in respect to applaud you as you passed - maybe it's too soon to leave.

If you've never felt the pride and responsibility of wearing sergeant chevrons while being the one calling the shots - maybe it's too soon to leave.

If you've never had a small child hand you a flag from his native country, hug you, and say thanks for saving his family - maybe it's too soon to leave.

If you've never been in a firefight with your fellow Marines to the left and right of you and experienced the camaraderie and power of being on the most elite team in the world - maybe it's too soon to leave.

If you haven't fully cherished the feeling of serving with every race, creed, and color of people and becoming true family - maybe it's too soon to leave.

If you haven't been told by at least 100 civilians how they wished they had stayed in the service and would be retired by now - maybe it's too soon to leave.

And lastly, if you have never met the woman of your dreams, married her and had a wonderful family, because the Marine Corps sent you to a duty station you really didn't want to go to, but that was the reward - then maybe it's too soon to leave.

Think about it. A life in the Corps is not for everyone. You have served your country. Just don't cut the flowers before they have a chance to blossom.

MWSS-372 renovates Veterans Memorial Center chapel

by Cpl. Carolyn S. Sittig

PAO, MCAS Miramar

This past holiday season Marines from Marine Wing Support Squadron 372 from Camp Pendleton, Calif. renovated a portion of San Diego's Veterans Memorial Center's chapel.

The chapel, built in the 1920's, was in dire need of repair. "The room was shoddy and shabby. There were holes in the walls and the wallpaper was coming off. It was terrible," said Chaplain Ron Ritter, Eagle Wings director, whose program will be held in the newly renovated room.

This was the first time the room had been renovated. With the help of 11 Marines, who spent a total of 191 man-

hours making room hospitable.

They spent nearly 200 man-hours tearing down wallpaper and removing paint. Windows were covered in wallpaper and paint, which had to be removed. Holes in the walls were covered up and wall mounting was laid down. The room and doors were also repainted, according to Ritter. Marines also redid the bathroom. A stall was built around the toilet. Lights and a mirror were also installed.

The hardest part of the project was getting the wallpaper glue off the walls, which the Marines finally accomplished by using a palm sander, said Staff Sgt. Alberto Ramos, MWSS-372 combat engineer and project supervisor.

Not only was the room's state of disrepair enough reason to have the renovation done, it was scheduled to serve as the new location for the group's



photo by Cpl. Carolyn S. Sittig

Staff Sgt. Alberto Ramos, construction team chief for MWSS-372, adds a fresh coat of paint to the walls after he and 10 of his Marines had cleared the wallpaper and paint away from the windows of the Veterans Memorial Center's chapel. Painting was only one of many things MWSS-372 Marines did during the 191 hours spent renovating this room.



photo by Cpl. Carolyn S. Sittig

Corporal Greg Manning, A MWSS-372 combat engineer, repaints one of the walls of the Veterans Memorial Center's chapel after he and 10 other Marines peeled of the wallpaper and existing paint during the holiday season renovations.

meetings.

The three-week program is designed to assist grieving widows and widowers of service members. They are taught to deal with their grief and how to be a single individual.

After spending many years as part of a couple, many of them have to learn how to live without their spouse. The program begins its first session in April.

Unfortunately, in the San Diego area there has been an increasing demand for a program like this one. The current death rate of veterans is 17 per day in the San Diego area alone, said Ritter.

Despite the short sessions, many of the widows and widowers come back and go through several other

sessions. "A lot of people don't grasp that healing takes longer than three weeks," said Ritter.

Because of the importance of the program and its demand, the Marines were more than willing to donate their time and energy to the room's renovations.

"It's a memorial for the veterans and I felt (the renovations) would help carry on the tradition of helping others," said Lance Cpl. Eric H. Croft, MWSS-372 combat engineer. The project also allowed the Marines give back to an older generation of Marines who helped the nation during a time of need.

"The project helped bridge the gap between the San Diego community Marines and veterans. Also, the holidays are about giving and it makes you feel good knowing you have contributed your time to help someone," said Ramos.



photo by Sgt. Ted L. Hansen

(Left to Right) Captain Bradley S. Trager, HMM-161 pilot, and Maj. Gregory M. Douquet, HMM-161 executive officer, take off from Marine Corps Base Camp Pendleton, Calif. during a training flight, Jan. 6.

Three-part plan keeps '161 mission capable, ready

by Sgt. Ted L. Hansen

PAO, MCAS Miramar

In about a month, Marine Medium Helicopter Squadron 161 "Greyhawks" will join the 13th Marine Expeditionary Unit, based

at Marine Corps Base Camp Pendleton, Calif. For units attached to the MEU, life is pretty busy – six months of repeated short-term deployments in preparation for a six-month shipboard deployment.

For the Greyhawks and other squadrons

in the MEU's Aviation Combat Element, the work-up period is especially hectic. All squadron aircrew members must be fully qualified for missions of every sort. The load for accomplishing all training rests on the shoulders of the Marines who perform aircraft maintenance in those squadrons.

The Greyhawks will serve as the Aviation Combat Element for the 13th MEU, scheduled to deploy in late summer. Commanding Officer, HMM-161, Lt. Col. Timothy E. Quagge, has a simple philosophy, which keeps priorities in order and meets all squadron mission requirements. "Fix and fly aircraft, first. Second, take care of your Marines. Then, have fun," says Quagge. He has instituted this philosophy since taking command of the Greyhawks Oct. 29.

So far, Quagge's formula has produced success. Since he took command, the squadron has completed an Aircraft Maintenance Evaluation and an unscheduled Commanding General's Inspection. Both were passed "with flying colors," according to Quagge. He said the results are a testimony to the high-caliber and exemplary quality of Marines in the squadron.

Quagge said, the formula for Greyhawk success remains the same regardless of operational tempo.

The squadron sergeant major, Sgt. Maj. R. J. Hawley said the leadership philosophy has produced good results. "The proof is in the pudding," he said. According to Hawley, the Greyhawks are the hardest working Marines he has ever seen, "without complaint."

"They take it personal when their bird doesn't go in the air," said Hawley. He said they take such personal pride in their work that he often has to order Marines to stop working and go home.

"That kind of commitment isn't common in 20-year-olds in our society today," Hawley said.

According to Hawley, the Greyhawks are a relatively young squadron. Corporal Bryan L. Bessette is one of the squadron's senior crew chiefs. The 25-year-old native of Long

Beach, Calif., has been in the Corps about three years and four months.

The three-part leadership philosophy rings true among squadron Marines.

Lance Cpl. Matthew S. Cochran, flight equipment mechanic is looking forward to the added variety of gear he will learn about as he cross-trains with Marines from other squadrons with aircraft such as AV-8 "Harriers", AH-1W "Super Cobras", CH-53E "Super Stallions", and UH-1N "Huey" helicopters.

Cochran even sold his car so he could focus better on the mission at hand during the upcoming MEU deployment.

Bessette's focus for the next few months is on training the newer crew chiefs to attain the 100-120 specific mission qualifications needed for MEU operations.

He is also aware that his wife Jennifer and 3-week-old daughter Julianna must also be taken care of if the deployment is to be a success. He said that Jennifer already handles the finances and understands why the family must endure separation.

Quagge noted that the squadron's Key Volunteer Network is active and growing in preparation for the upcoming deployment. The KVN links spouses and Marine Corps family support programs together for support, especially during deployments.

Other Marines, like flight line mechanics Sgt. James T. Contreras and Lance Cpl. Rolando Ramos, are looking forward to the travel and fun they will experience as part of the MEU.

"I had fun on the first one," said Contreras, a 22-year-old native of Yucaipa, Calif. He said he is looking forward to the possibility of seeing some different countries and cultures this time.

The deployment will be the first for Ramos. The 25-year-old Vineland, N. J., native said seeing the world was part of the reason he became a Marine in the first place. Quagge said he is looking forward to watching his Marines meet the challenges of MEU operations.

Miramar Flyers crush Kings II during ice hockey game

by Cpl. Carolyn S. Sittig

PAO, MCAS Miramar

The Miramar Flyers, the base ice hockey team, dealt a blow to the Kings II, a local team from San Diego, securing the game with a final score of 5-3 during a Jan. 8 game held at the San Diego Ice Arena.

Despite losing two of its key players, who left for a six-month deployment, the Flyers had a strong performance during the game and maintained their first place standing in the San Diego County league.

"We have two new players, who have been substitutes on our team, so they've become starters, but we're always looking for new players," said Capt. Mike Pagano, team captain and pilot for Marine Fighter Attack Squadron 134.

The Flyers started the first two periods with a strong 2-point lead that the Kings II quickly diminished.

"We were on top relatively quickly, but they caught up. But in the end, we stole the victory," admits Capt. Rich Bourgeois, headquarters detachment for Marine Wing Communications Squadron 38 and assistant team captain.

The opposing team's rough and aggressive playing challenged the Flyers' strong performance. However, the Marines met them with equal vigor and with a little roughness of their own, Bourgeois agreed.

The exceptional playing and competitive edge kept the team sharp and able to deflect shot after shot the Kings II launched in their attempts to score. Thanks to quick responses from the team's goalie, Capt. Tom Davis, Marine Wing Communications Squadron 48 site commander. Davis' valiant and fierce protection of the goal was not successful



photo by Cpl. Carolyn S. Sittig

Demonstrating the underdog spirit that almost landed them a win, Kings II players sacrifice their bodies to prevent another Miramar Flyers goal, yet despite that sacrifice, the Flyers still clinched the win and remain top in the league.

without the help of several defensive players who kept the opposing team from scoring.

Defensive players like Petty Officer 1st class Eric Grunquist, administration assistant for Naval Medical Center San Diego and

Lance Cpl. Mickey Chandler, Heavy Marine Helicopter Squadron 361, flightline mechanic, cut through the Kings II offense that resulted in the Flyers gaining control of the puck and allowing for several Marine goals.

For Marines who missed Saturday's action, they can see the Flyers perform in their

charity game against the San Diego Law Dogs, Saturday at 2 p.m., at the San Diego Sports Arena.

Any Marines interested in joining the team, can call either Capt. Bourgeois at 577-7524 or Capt. Pagano at 577-4909. Marines must have their own equipment to play.



photo by Cpl. Carolyn S. Sittig

Teasing the Kings II defense, a Miramar Flyer sets himself up for a flamboyant goal attempt.



photo by Cpl. Carolyn S. Sittig

All alone and desperate for leverage, a Miramar Flyer tries to edge around several Kings II players for a runaway puck.

Marines, bikers, mountain roads, having fun and ... doing it right !

by Maj. Steve Kelly and Daniel Jaquez

HMH-462 Operations Officer and Motorcycle Safety Instructor, MCAS Miramar

For the motorcyclists of Marine Heavy Helicopter Squadron 462 “Heavy Haulers”, Nov. 19 will stand as yet another squadron first. The Motorcycle Safety Club took a ride to Julian, Calif., to enjoy the scenery, famous Julian apple pie and most importantly, the camaraderie of Marines doing things together the right way.

The route took the Marines through Ramona, up to Julian for a break and then continued on to scenic Sunrise highway and back to Marine Corps Air Station Miramar.

The day began with a meeting of all 462 motorcyclists mustering on the north side of Hangar 4 for a pre-ride brief given by Maj. Steve Kelly, the Aviation Maintenance Officer for the squadron.

The brief began with the motorcyclists discussing the route, rider experience levels, and riding positions and signals. Also discussed where requirements for fuel stops and verbal communication. Although the actual riding group was relatively small –



photo courtesy of MCAS Miramar Safety Office

(Left to Right) Lt. Col. Scott Kerchner, HMH-462 executive officer, Cpl. Tim Clements, HMH-462 S-2 Analyst, Maj. Steve Kelly, HMH-462 operations officer, Gunnery Sgt. Jay Boothe, HMH-462 maintenance admin chief and Gunnery Sgt. Tom Jeffers, HMH-462 airframes chief conduct their pre-ride brief before thundering down the scenic route to Julian, Calif.

total of six — the number was significant for the first time ride for a club.

The weather looked somewhat ominous, but the riders who came from the Ramona area gave a great weather prognosis. As the ride began, we headed out the Miramar Way gate to Highway 52.

As predicted, the weather became sunny and the ride was very enjoyable with blue skies and warm weather. The group rode out

to Lakeside, Calif., and then to Wildcat Canyon which presented some interesting group riding challenges ranging from large, slow moving vehicles to the Barona Casino traffic. After we passed the casino, the roads were relatively clear and provided plenty of riding pleasure and challenges with the combinations of sweepers and switchbacks (curvy roads).

Upon arrival at Julian, all riders dismounted and went foraging for coffee and pie. After this well deserved break, those bikes in need of gas were filled and the ride continued down Sunrise Highway, a.k.a. the S-1, through Cleveland National Forest. The weather was perfect and the view breathtaking.

The riders returned to Miramar on Interstate 8 and Interstate 5, which allowed the Marines to practice formation and lead changes, which were not possible on the two lane roads. The squadron has monthly meetings to discuss rider safety and riding techniques. They also discuss motorcycle handling, parts, differences between makes and models and occasionally minor maintenance techniques – keeping in mind that none of them is a factory-trained technician.

Sergeant Major's Corner

by Sgt. Maj. Ira J. Lott

COMCABWEST Sergeant Major

At the monthly meeting, the Single Marine Program held its election of officers. Congratulations goes out to Sgt. Ethan Wood—president (MTACS-38); Pfc. Brian Hagenbuch—vice president (H&HS); Lance Cpl. Tim Hanus—recorder (MAG-11) and Lance Cpl. Mark McDonald—treasurer (H&HS) on their elections to office.

Since the inception, the Single Marine Program has been making significant contributions to the quality of life for all single Marines and Sailors. Their collective voice on matters concerning MCAS

Miramar oftentimes affects all who work upon the air station. They will meet again Feb. 2 at 3 p.m. at the Enlisted Club. Come out and be a part of change.

If you haven't heard yet, your monitors will be here on Feb. 8. This is your chance to face-to-face talk to them about your career. You can obtain more information on this from your Career Planner. Wanna get away? Are you a first term Marine? Are you a thrill-seeker, a daredevil or one who likes to commune with nature? If the answer to the questions above are yes, then you need to see your career planner and see if you qualify for Jump School, SERE school, Mountain Sur-



vival course, Winter or Summer Mountain Leaders course or Cold Weather Survival course, which are all offered just to first termers. You had better hurry because the quotas are small.

If none of this is your cup of tea, how about Marine Security Guard duty? The HQMC screening team will be here Feb. 2. They will be giving a brief at the MAG-11 auditorium starting at 8:00 a.m. Show up in Service “C” if you are interested.

Starting Tuesday, the Marine Air Federal Credit Union will be open a half-hour longer to better serve you. This will be on a two-month trial basis. This is another product of the Single Marine Program.

Motorcycle Safety – ‘better safe than sorry’

If you supervise a Marine who rides a motorcycle, do not assume he has met all the requirements for active duty personnel to operate a motorcycle.

It has been discovered several motorcycle riders have not completed the required training course. A key to the Marines status is a Miramar decal on the motorcycle.

Please take it upon yourself to verify the status of each of your motorcycle riders. This is a leadership responsibility! To sign up for the next motorcycle safety class, the following information is needed:

- The next class will be Jan. 26-28 from 7 a.m. to 4 p.m.

- Required information for personnel to obtain a quota:

- Orders from training personnel with the following information provided:

- Member's full name*
- SSN*
- Work Phone*
- Email address:*
- Home Phone*
- Years of Street Riding Experience*
- Date of Birth*
- Age*
- D/L Number, State, Expiration*
- Date, Endorsements (i.e., C & M1 etc)*
- Training Point of Contact*
- Training point-of-contact phone number*

Members must personally bring the orders over to Safety Bldg. 9442 along with their motorcycle, motorcycle registration, drivers license or permit for a motorcycle and Insurance paperwork to enroll.

For more information on motorcycle safety or to join the club, call Daniel Jaquez at 577-1358.

Community Events

Education News

Troops to Teachers is still alive and well. Military personnel who are nearing the end of their active service and are interested in the Troops to Teachers program should call 1-800-231-6242, or check our Web site at ttt@voled.doded.mil.

For more information, visit the Education Center Monday through Friday, 7:30 a.m. to 4 p.m. The Education Center is located in Bldg. 5305. Call 577-1801 for more information.

Mongolian Barbecue

The O' Club will host a Mongolian Barbecue today from 6 p.m. to 8 p.m. The price is \$5.25 adults, \$3.25 children (12 and under), plus 75 cents per ounce for meat. Reservations are required! Call 577-4808.

Youth Basketball

Registration continues through Jan. 28 for Youth Basketball, offered through the Youth Center. The program is open to children ages 6 through 16. The \$36 fee includes team jersey, participation, trophy and photos. For more information, call 577-4136.

Sports Shorts

- A Racquetball Tournament will be held today through Friday at 12 p.m. All levels of experience are welcome to participate.

- Varsity Men's Softball tryouts will be held today through Friday from 11:30 a.m. - 1 p.m. All tryouts will take place at the Youth Sports Complex pony field. See the contact information below, or call Gunnery Sgt. Richard Mohnney at 577-4124 for information.

- The Intramural Basketball season begins Monday.

- The San Diego Indoor Track and Field Games is accepting applications for the 4x160 relay team competition to go head-to-head with area Olympic hopefuls. Call the sports office for more information.

- The Roller Hockey League will start in February. A Coaches' Meeting will be held Tuesday at 11:30 a.m. in the gym conference room.

For information on the events listed above, call 577-1202 or inquire at the gym.

Scuba Lessons

Scuba lessons are offered on a year-round basis at MCAS Miramar. Lessons are taught by Ralph and Kathleen Stogsdall, and include 12 hours of classroom study, 12 hours of pool training and 5 ocean dives off La Jolla, with a boat option dive to the Channel Islands.

Special one or two week pre-deployment classes can also be scheduled for groups of six or more. At the end of the course, students receive certification from the National Association of Underwater Instructors.

Tuition is \$99, which includes all equipment except for booties and gloves. Textbooks cost \$45 and wetsuit rental is an additional \$15. Pre-deployment classes begin Tuesday, Jan. 31 and Feb. 15. Any problems with duty or underway schedules can be worked through with the instructors.

Continuing Education classes are offered in the Advanced, Rescue and Master categories, and a Dive Club meets regularly and plans diving trips. For more information, call 577-4137 or 424-6547. Or, sign up at the 50-meter pool.

Career Fair

MCAS Miramar will host a Career Fair Wednesday from 10 a.m. to 2 p.m. at the Officers' Club. This all-hands event is open to active duty, reservists, retirees, civilian employees and family members. Come dressed for success and meet employers in high tech, law enforcement, aviation and customer service industries.

Part-time and full-time, temporary and permanent jobs will be available. For more information, call 577-6491.

The Great Escape

With billiards, pingpong, the Cybernet Cafe, a TV lounge, a music room, an arcade and more, The Great Escape always has something to do.

We also offer a video library of more than 400 movies. It's free to

watch a video on our big screen TV. Need a great escape of your own? Join us on our Off Base Adventures. We do the driving; all you need to do is pay for your tickets and a small transportation fee and escape from Miramar.

We're looking for drivers — drive on an Off Base Adventure and we'll buy your ticket! Upcoming adventures include Sea World on Sunday; the Wild Animal Park, Jan. 23; and Gulls hockey, Jan. 29. The Great Escape can be reached at 577-6171.

Barracks Bash

All barracks residents are invited to the Barracks Bash Jan. 22. Enjoy music, free food, interactive games and much more. For more information, call 577-6283.

Outdoor Adventures

The Outdoor Adventure Center invites you to take the plunge and go mountain biking. An advanced mountain biking trip to the Cleveland National Forest will be held Jan. 29. This trip promises 12 miles of mostly downhill, single-track adrenaline.

The cost for transportation and guide is just \$1 active duty, \$2 others. Mountain bikes are available for rent at the OAC, too. For more information, call 577-4150.

Career Resources

The Career Resource Office offers a Transition Program, which assists Marines who are separating or retiring make the transition from military to civilian life more smoothly.

The program is free. Additionally, the office offers resume preparation classes, a course on federal jobs and applications and other helpful classes. To participate, call 577-6491, or visit the office, located in Bldg. 2273.

Ticket Specials

Tickets for California ski slopes are available at the Entertainment Ticket Office. Snow Valley, Snow Summit, Bear Mountain, Mammoth, Mountain High and more offer discounts. Purchase your tickets and save big today! For more

information, call 577-4126.

Iron Teen Training

For teenagers looking to pump up, the Miramar Semper Fit Sports & Fitness Center now offers Iron Teen Training for ages 12 to 18 years old.

Complete the training, and you'll be authorized to work out in Miramar's fitness centers. Training is offered Thursdays, 5:30 - 7:30 p.m. and Saturdays, 10:30 a.m. - 12:30 p.m. For more information, call 577-4129.

Financial Management

Want to break free from debt? Looking to buy a new car? Ready to invest? Free individual financial counseling is available through the Community Services Center, Monday through Friday.

To take advantage of this service, call 577-1331 to schedule an appointment.

Prep Plus

The Prevention and Relationship Enhancement Program strengthens marriages through better communication. Couples learn speaker-listener techniques, problem-solving skills and a conflict resolution process. Off station, PREP can cost up to \$300 to attend, but the program is free at MCAS Miramar. Plus, couples receive free financial and relationship assessment training.

Couples married three years or less and those engaged to be married can sign up for this monthly three-day command-supported program. Call 577-1333 to sign up.

Health Promotion Briefs

Dr. Nate Lowe is available to conduct health promotion briefs for commands and units. Available topics include Stress Management, STD/HIV, Illegal Drug Use Prevention and Substance Abuse Prevention. To schedule a brief, call 577-4099.

Vet Clinic

Vaccinations, health checks, flea treatments and more are available through the U.S. Army Veterinary Treatment Facility at Miramar.

The Clinic sees pets by appointment only. Appointments are required for the Vaccination Clinic!

For information or to schedule an appointment, call 577-6552.

CyberNet Cafe

The CyberNet Cafe is open at Miramar! You can get your own e-mail account, browse the World Wide Web, play games on the Internet and more, all at the CyberNet Cafe. The CyberNet Cafe is located at The Great Escape in Bldg. 5509, and is open only to active duty enlisted personnel assigned to Miramar. For more information, call 577-6171.

Web Site

MCCS has a Web site. Log on, and look at all of our facilities, programs, employment opportunities and upcoming public special events. You can also e-mail your questions and comments through the Web site. Reach us at www.mccsmiramar.com. For more information, call 577-6478.

Stables News

Miramar Stables has three riding instructors. Group, semi-private and private lessons are offered, and discounts are available to the military.

You don't have to board a horse at Miramar to take lessons — you don't even need to own a horse at all! Saddle up and call 577-4139 for more information.

Auto Hobby

We've got the best car repair equipment in the area, including a CD-ROM engine analyzer, a brake center, electronic testing equipment and a complete line of hand tools.

Make sure your vehicle is in top working condition before you get on the road this season. For more information, call 577-1215.

Storage space

Need some room? Lock & Leave Storage Center at MCAS Miramar offers space to store your stuff. Lock & Leave is located at the Auto Hobby Shop. For information, call 577-1215.



Free MCCS Movies

- Today: *The Bone Collector* (R), 6:30 p.m.; *The Messenger: The Story of Joan of Arc* (R), 8:45 p.m.
- Saturday: *Pokemon* (G), 6:30 p.m.; *Anywhere but Here* (PG-13), 8:30 p.m.
- Sunday: *Pokemon* (G), 1 p.m.; *American Beauty* (R), 6:30 p.m.
- Wednesday: *End of Days* (R), 6:30 p.m.
- Thursday: *Tarzan* (G), 2 p.m.; *American Beauty* (R), 6:30 p.m.
- Friday: *The Bone Collector* (R), 6:30 p.m.; *End of Days* (R), 8:30 p.m.

For more information, call 577-4143

Courts-martial

•A corporal from MWSS-373, 3d MAW was found guilty under the UCMJ of Article 92: Violation of Squadron Order 1050.1B; Article 107: Signing a false official document and making a false official statement; Article 134: Maliciously set fire to a Ford Ranger and filing a false insurance claim. The corporal was sentenced to 180 days confinement, reduction to private and a Bad Conduct Discharge.

•A corporal from MACS-1, MACG-38, 3d MAW was found guilty under the UCMJ of Article 81: Conspiring to purchase and possessing Lysergic Acid Diethylamide (LSD); and Article 112a: Wrongful use of LSD. The corporal was sentenced to 120 days confinement, reduction to private and a Bad Conduct Discharge.

•A lance corporal from MAG-16, 3d MAW was found guilty under the UCMJ of Article 86: Unauthorized absence; Article 112a: Wrongful use of Methylenedioxy Amphetamine/Methylenedioxy Methamphetamine (Ecstasy). The lance corporal was sentenced to 50 days confinement, forfeiture of \$1,200 and a Bad Conduct Discharge.

Non-judicial Punishment

•A corporal from H&HS, COMCABWEST was found guilty under the UCMJ of Article 86: Absence without leave. The corporal received Non-judicial Punishment (NJP). The Corporal was sentenced to \$500 forfeiture, reduction to lance corporal, and 30 days extra duty. However, \$250 and the reduction in rank was suspended.

Ford, continued from page 1

Chicago, Ill., added reality to the mission, by familiarizing Ford with some common enemy armaments.

Tapalla also added humor to the brief, ending the visual recognition quiz by displaying a photo of the Millennium Falcon, which Ford’s character had flown in during the “Star Wars” movie.

After a hands-on cockpit familiarization brief by HMLA-367 Executive Officer, Maj. Dave Gaul, Maj. Gen. DeLong accompanied Ford to lunch at the Officers’ Club.

Ford returned to the squadron early in the afternoon and suited up for a tactical gun shoot. During the flight he experienced a small sample of the potential firepower of the Cobra, firing about 350 rounds from the helicopter’s 20-millimeter cannon, and two 2.75-inch high explosive rockets.

According to Maj. Scott Olinger, operations officer, HMLA-367, Ford flew the helicopter well throughout the flight. The actor also proved to be a true-to-life gunslinger, delivering the majority of the 20-millimeter rounds on target. As for the rockets, Ford smiled and said, “Let’s just say they were good hits.”

Afterward he said he really enjoyed the opportunity to fly with the Marines. “It was great.” Ford admitted the job of Marine helicopter pilots is not an easy one. “There’s a real art to it. I was busy just trying to keep up,” he said. Before leaving, Ford thanked the enlisted Marines of the squadron for the

work they did to make his flight possible, posed for several pictures with the Marines and signed a few autographs.

Voting, continued from page 2

at least 45 days prior to the election day to allow adequate time for the ballot to arrive before the deadline. Voters submitting to register as well as request an absentee vote should submit even earlier.

Service members and their family members can get all the material and information needed to make an informed vote that counts by contacting the unit VAO. The Voting Assistance Officer can be contacted through your chain of command.

Safety, continued from page 5

Carolina, proved to be even more of a success with a 20 percent increase over a six-week period. This time the children were given take-home materials dealing with the program and the MCAS Cherry Point PAO gave much needed support by spreading the word around through articles in the base newspaper.

Since the initial program testing, nearly all East Coast Marine Corps facilities employed the plan and it is rapidly being adopted by West Coast facilities.

“We are definitely adopting the Bucklebear program. All we need to do is add it to our current training program, which is scheduled for sometime in February,” said

Sharroll K. Guther, director for CDC here.

With the support of both Child Development Centers here and at other bases, the program will continue to grow both in popularity and in application, as parents and children follow Bucklebear and use the seat belts while in a vehicle.

Robling, continued from page 2

promotion to lieutenant colonel in June 1992, he was reassigned as the “Bats” commanding officer. The following year Robling was selected Naval Flight Officer of the Year. From 1995 to July 1998 Robling served as the Current Operations Officer, Central Command Division of the Joint Operations Department, with the Joint Chiefs of Staff.

Robling was promoted to his current rank in March 1999. To date, he has more than 4,000 flight hours in tactical aircraft. His personal decorations include the Joint Meritorious Service Medal, Meritorious Service Medal, Joint Commendation Medal with Oak Leaf Cluster, Navy/Marine Corps Medal with Gold Star, and the Joint Achievement Medal. He also holds a master’s degree in National Security Strategy. Robling is married to the former Cathe Linea Walter of Tacoma, Wash. The couple reside in Rancho Penasquitos with their two children, John, 16, and Kimberley, 13.